

8 BREASTFEEDING FACT SHEET

RETURNING TO WORK OR SCHOOL

You can continue breastfeeding when you go back to work or school. Some choices:

- Breastfeed your baby during breaks, if your child care is close to work or school.
- Pump breast milk at work or school and bring it for your baby to drink when you are apart, then breastfeed when you are together.
- Give your baby formula to drink while you are gone, and breastfeed when you are together.

Talk with your child care provider about your plans. Discuss how to store and warm breast milk. If you decide not to pump milk at work or school, ask your baby sitter not to feed your baby right before you come to pick her up. You may want to breastfeed right away.

Introducing a Bottle

Wait until your baby is 4 weeks old before giving a bottle. Then give her a bottle once or twice a week. If she does not like one type of nipple, try another. At this age most babies can switch back and forth from breastfeeding to bottle feeding without trouble.



BREASTFEEDING TRIAGE TOOL

If You Plan to Give Breast Milk

- Start pumping breastmilk once or twice a day about 2 weeks before you go back to school or work. You can collect the milk by hand or with a pump. It takes about 10 to 20 minutes to pump. You can pump once or twice in 8 hours. Read Fact Sheets #6 Hand Expression or #7 Electric and Hand Pump for more information or ask your health care provider.
- Check out your situation at work or school. You will need a private place to pump. A refrigerator or ice chest is helpful to cool the milk. Talk with other moms who have done this before to get their ideas.

Store Your Milk

Pour the milk into a clean bottle. Label with the date.

Freshly collected breastmilk may be stored:

- At room temperature (less than 78° F or 25° C) for 6-8 hours. Cool milk sooner if possible.
- In a refrigerator for 5 days. Put the milk in the back of the refrigerator where it is coldest. If milk will not be used in 5 days, freeze it.
- In a freezer inside the refrigerator for 2 weeks.
- In a freezer with a separate door for 3-6 months (if your freezer keeps ice cream very hard).
- In the deep-freeze (separate freezer unit) for 6 to 12 months.

To thaw or warm breast milk, put the bottle in warm water. It thaws in about 15 minutes. DO NOT boil or microwave breast milk. If there is leftover milk after the feeding, throw it away.

If You Do Not Plan to Pump Breast Milk

Your milk supply will adjust as the baby nurses less.

Nurse during the time you and your baby are together – try to nurse a few times a day.